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Mothers, daughters, sisters and friends, this is your night! Join us for Ladies Night Out 2011, a night focused on women’s health and having fun. White River Medical Center and Citizens Bank sponsor the annual event to provide important health information and free screenings to women in the community. As a trusted source of health information for women, Ladies Night Out is informative and fun.

The free event will feature educational booths with health topics such as nutrition, breast cancer, early detection, and heart disease. Several booths will be offering screenings such as blood pressure, cholesterol, glucose, body fat percentage and posture/balance among many others. Door prizes will also be given away. The topic for this year’s event is Make Health a Habit.

Don’t miss out! Here is your chance to have a fun night out with the girls while learning about your health.

Find The Purse

To get excited about Ladies Night Out 2011, find the hidden purse in this issue. You could win a $50 Wal-Mart gift card! Email your submission by November 6 to contest@wrmc.com. Be sure to include your name, street address and email address.
Every year, complications from the flu, such as pneumonia, hospitalize more than 200,000 people and kill up to 49,000. So getting a flu shot is a good idea for almost everyone. If you’re an expecting mother, getting a flu shot may be especially important.

A study in the New England Journal of Medicine found that pregnant moms who were vaccinated cut their newborn’s chance of getting the flu by 63%. That’s important because flu vaccines are recommended only for infants older than age 6 months. And babies younger than 6 months who catch the flu are more likely than older ones to need hospitalization.

Although nasal spray vaccines are available, the shot is recommended for children younger than age 2, pregnant women or people older than age 50. Talk with your doctor about the immunization that’s right for you.
New Hope for Preventing and Managing Alzheimer’s Disease

No magic spell can prevent the devastating effects of Alzheimer’s disease on thinking and memory. However, there is positive news: Research is shedding light on ways to cut risk, and treatments can make life easier and more comfortable after a diagnosis.

PREVENTING DEMENTIA

Some risk factors for Alzheimer’s disease can’t be controlled, such as age. But there are ways to reduce your odds of developing the condition. The latest findings show you can reduce risk by:

• Not smoking. People who light up in midlife have more than double the chances of developing dementia, including Alzheimer’s disease, later in life.

• Controlling your cholesterol. High levels of LDL, or “bad” cholesterol, may harm your brain as well as your heart. And an HDL or “good” cholesterol of 55 mg/dL or higher might protect you from Alzheimer’s disease. Other conditions that damage the heart and blood vessels—such as diabetes and high blood pressure—may also contribute to the risk of Alzheimer’s disease.

• Drinking in moderation. About 10% of all cases of dementia are alcohol-related. In contrast to heavy drinking, which damages the brain, moderate sipping might have brain benefits.

• Exercising. In one study in the Proceedings of the National Academy of Sciences, participants who walked regularly increased the size of a part of the brain called the hippocampus. By building up this area, which usually shrinks with age, the walkers boosted their memories and warded off dementia.

DELAYING ITS PROGRESS

As Alzheimer’s disease progresses, changes to the brain cause symptoms such as memory loss, changes in mood and trouble sleeping. There’s no way to halt or reverse these alterations.

But the newest therapies for Alzheimer’s disease help by:

• Slowing the disease’s progress. Five drugs reduce or stabilize symptoms such as memory loss, confusion and problems with reasoning to a limited degree. They work by altering different chemicals in your brain, and each has different benefits and risks. Your doctor will usually suggest trying low doses and assessing their effectiveness, potentially adding higher doses or other drugs later on.

• Managing behavior. Sometimes, changing the environment can help ease symptoms like irritability and anger. Other times, medications to treat anxiety, stress or depression can help, but these too can have risks, such as sedation or falls.

• Improving sleep. Better sleep habits, such as maintaining a regular schedule and cutting back on TV, usually help, as does getting regular exercise. If not, doctors may turn to sleep-inducing medications.

Clinical trials continue to test new drugs for Alzheimer’s disease. Scientists are now looking at medicines that already treat diabetes and heart disease, immunizations and brain-training programs.

Prevent Alzheimer’s by Keeping Blood Pressure Down

Women with high blood pressure in middle age are more likely to have vascular disease in their brains later in life, raising their risk for both Alzheimer’s disease and dementia.

A study of nearly 1,500 women showed those with the highest blood pressure at midlife had more abnormalities in the white matter of their brains when scanned at age 65 or older. This was true for women with untreated high blood pressure and those whose blood pressure remained uncontrolled despite treatment. White matter abnormalities are linked to both dementia and stroke.

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If you have passed by White River Medical Center lately, you might have noticed that work has begun on the Patient Tower Expansion Project. The general contractors, Clark Contractors, have made great strides to prepare for the construction of the building, which will contain 60 new patient beds, as well as the expansion of many other hospital departments.

In May, the East Annex, which housed the Accounting department, was demolished to make room for the tower. Reconstruction of the East parking lot will better accommodate visitors and employees.

Additionally, 80 piers, which will support the new addition, have been installed. Safety walls have also been built inside the East lobby of the hospital to shield patients, visitors and employees from debris during reconstruction of the lobby.

Perhaps the biggest milestone accomplished to date is the pouring of the concrete for the flooring. The flooring is, of course, the foundation for the entire tower. Things will, literally and figuratively, continue to go up from here!
MyPlate Paints a Simple Picture of Healthy Eating

MyPlate replaces the government’s food pyramid. The underlying dietary guidelines are the same, but the plate aims to provide a simpler visual cue for healthy eating. It’s like a pie chart for your meals, helping you visualize the best balance of food choices.

You’ll see that half the plate consists of fruits and vegetables. Lean protein such as poultry, beef, pork, lamb, eggs, nuts and seeds, or dry beans and peas, makes up slightly less than one-fourth, and the rest is whole grains. The plate is paired with a glass of low-fat milk.

Along with the icon, the U.S. Department of Agriculture (USDA) unveiled ChooseMyPlate.gov. The website offers a range of tools, including sample menus, recipes and personalized eating plans.

And, it outlines these new, straightforward rules for healthy eating:

GET THE RIGHT NUMBER OF CALORIES
Everyone has a personal calorie count to reach or maintain a healthy weight. You can calculate yours at ChooseMyPlate.gov. Keep this number in mind as you go through the day. To maintain healthy caloric intake, avoid oversized portions, especially when eating out. Stop eating when you’re satisfied—not stuffed.

INCREASE YOUR INTAKE OF NUTRITIOUS FOODS
Eat a wide variety of fruits and vegetables, including red, orange and dark-green varieties. Switch from full-fat to fat-free or low-fat milk. Make at least half the grains you eat whole grains, such as 100% whole-grain bread, cereal and pasta.

CUT BACK ON LESS-HEALTHY OPTIONS
There are a few things that don’t fit on the new plate. Read food labels and choose foods with fewer solid or saturated fats, less sodium and fewer added sugars. Choose water instead of soda and other sugary beverages.

CRANBERRY PUMPKIN MUFFINS
2 cups flour  
¾ cup sugar  
3 tsp. baking powder  
½ tsp. salt  
½ tsp. cinnamon  
¼ tsp. allspice  
½ cup vegetable oil  
2 large eggs  
¼ cup canned pumpkin  
2 cups fresh or frozen chopped cranberries

Preheat oven to 400 degrees. Sift together dry ingredients (flour, sugar, baking powder, salt, cinnamon and allspice) and set aside. Beat oil, eggs and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper-lined muffin cups. Bake for 20 to 25 minutes. Makes 12 muffins.

Per serving: calories–200; fat–7 g; calories from fat–32%; cholesterol–35 mg; sodium–230 mg; carbohydrates–32 g

Very Low Fat:
Recipes with 10 g of fat or less per serving
Low cholesterol:
Recipes with 30 mg of cholesterol or less per serving
Low sodium:
Recipes with 240 mg of sodium or less per serving
Source: Health & You magazine, U.S. Department of Agriculture

Keep Teens Healthy with a Family Dinner
Almost one in five teens is obese. What happens at home has a strong influence in teens’ health habits. Make a difference in your child’s health, one meal at a time.

HOW DO YOU MAKE HEALTHY TASTY?
A little advance planning can go a long way when it comes to a healthy meal.

• Plan. At the start of the week, sit down and plan seven days of healthy breakfasts, lunches and dinners.

• Make small changes first. For example, use part-skim instead of whole-milk mozzarella in your lasagna.

• Get the kids to help. This can boost healthy motivation. Ask your teens to peel and slice veggies, flip pancakes or form meatballs.

Outpatient Nutrition Counseling includes nutritional diagnostic therapy and counseling services provided by a Registered Dietitian to help patients manage their medical condition with help from a healthy diet. For more information, please call 870-262-3264.
Four Myths—Plus the Facts—About Breast Cancer

Here’s a hard truth about breast cancer: About one in eight women will develop the disease in her lifetime. But breast cancer myths also abound. Do you believe any of them?

**MYTH #1: IF YOU FIND A LUMP, IT’S PROBABLY CANCER.**

A lump or a thick spot in your breast or near your armpit is one possible sign of cancer, but most breast lumps are not cancerous.

See your doctor if you have a lump or another change to your breast including discharge from your nipples, variations in size or shape, or red scaly skin that doesn’t go away. Even then, don’t panic. These signs are most likely caused by something other than cancer.

**MYTH #2: MOST WOMEN WHO GET BREAST CANCER HAVE A FAMILY HISTORY OF IT.**

Having a mother, sister or daughter with breast cancer is a risk factor for breast cancer. However only about one-fifth to one-third of women with breast cancer have a close relative with the condition.

You can’t change your genes, so if you’re concerned about cancer, focus on risk factors you can control. These include being overweight, using hormone therapy and drinking alcohol. Women who have two to five drinks daily have one-and-a-half times the risk for breast cancer as those who stay alcohol-free.

**MYTH #3: EXERCISE PREVENTS HEART DISEASE, NOT CANCER.**

Studies show working out slashes breast cancer risk—no matter how late in life you start. The American Cancer Society recommends you sweat for 45 to 60 minutes at least five days per week.

Recent research also suggests exercise benefits breast cancer survivors. For instance, those with swelling in their arms and legs reduced their symptoms and increased their strength by lifting weights.

**MYTH #4: BREAST CANCER RATES ARE ON THE RISE.**

After increasing for decades, breast cancer rates have begun declining—about 2% per year. Some experts think this is partly because fewer women take hormones during menopause, after a 2002 study showed they increase breast cancer risk.

More good news: Women are also increasingly likely to survive breast cancer. Earlier screening, better treatments and increased awareness may be to thank.

Are You Due for A Mammogram?

Pat yourself on the back if you’ve crossed your regular mammogram off of your to-do list.

According to a study in the journal Cancer, women are being diagnosed with smaller breast tumors than in the past. Experts credit mammograms with finding these cancers earlier, when they are most treatable.

Another study published in the Journal of the National Cancer Institute reported that women whose breast cancer is found with a mammogram often live longer than women whose cancer was found another way.

Mammography is an important tool for detecting breast cancer early on, when it’s easiest to treat. But the benefits and limitations of mammography vary based on factors like age and personal risk. Experts have different recommendations for mammography.

Currently, the U.S. Preventive Services Task Force recommends screening every two years for women ages 50 to 74. The American Cancer Society recommends you sweat for 45 to 60 minutes at least five days per week. Recent research also suggests exercise benefits breast cancer survivors. For instance, those with swelling in their arms and legs reduced their symptoms and increased their strength by lifting weights.

Early detection is the key. White River Medical Center offers digital mammography and computer-aided detection. For more information about mammography services, please call 870-262-3232 or 888-373-6500.
Don’t Put Off Your Flu Shot

Are you ready for flu season?

The CDC recommends an annual flu vaccine for all people ages 6 months and older. The beginning of October through mid-November is the time to get your annual flu vaccination.

While the vaccine is recommended for nearly everyone, certain groups are at higher risk for complications from the flu, including:
- People ages 65 and older
- Children younger than 6 months old
- Pregnant women
- People with certain ongoing medical conditions, such as diabetes, asthma or heart disease

WHY BOTHER?
Flu—short for influenza—is a viral infection of the nose, throat and lungs. Catching it is as easy as breathing when an infected person coughs or sneezes nearby. Symptoms include fever, cough, sore throat and headache. Flu shots can prevent most flu complications—and save lives.

NO ONE-SHOT DEAL
The 2011-2012 flu vaccine will protect you from the same viruses as last year. However, it is still important to get an annual flu shot because immunity decreases over time. So roll up your sleeve!

Local Flu Shot Dates and Locations

**OCTOBER 24**

CLEBURNE COUNTY
Cleburne County Health Department
2319 Hwy 110 W, Suite C (Judge Claude Dill Office Complex)
Heber Springs, AR 72543
Contact: 501-362-7581

FULTON COUNTY
Fulton County Health Department
510 S. Main St.
Salem, AR 72576
Contact: 870-895-3300

**OCTOBER 28**

INDEPENDENCE COUNTY
Place: To be announced
Contact: 870-793-8847

IZARD COUNTY (Date is tentative)
Izard County Health Department
149 Haley Street
Melbourne, AR 72556
Contact: 870-368-7790

**SHARP COUNTY**
Sharp County Health Department
724 Ash Flat Drive
Ash Flat, AR 72513
Contact: 870-994-7364

**STONEY COUNTY**
Stone County Health Department
204 Whitfield Avenue
Mountain View, AR 72560
Time: 8:00 am-4:30 pm
Contact: 870-269-3308

**JACKSON COUNTY**
Jackson County Health Department
1505 N. Pecan
Newport, AR 72112
Contact: 870-523-8968